

NEW WIC Foods

for Fully Breastfeeding Women

The New Foods

Average value **\$70** per month.



Whole grain choices

Whole grain breads
Corn tortillas/whole wheat tortillas
Brown rice

Variety of fruits and vegetables

Fresh, frozen and/or canned
no white potatoes



Protein choices

Beans or peanut butter
Canned fish



**GOOD FOOD *and*
A WHOLE LOT MORE!**